



*Because I Love You™*

Parent and Youth Support Groups

## **DO'S AND DO NOTS**

### SUGGESTED DO'S FOR PARENTS

1. Do learn the facts about drugs, alcohol, and delinquent behavior.
2. Do talk to someone who understands behavioral and delinquent problems and drug dependency
3. Do attend family and parent support meetings
4. Do set reasonable and flexible limits and controls that you are comfortable with, appropriate to the age and maturity of the individual.
5. Do let the individual suffer the consequences of their actions, except when a life may be in damage
6. Do continue to love the individual, even though you may not like their present actions, behavior, attitude, or appearance
7. Do voice your objections to undesirable behavior, without attacking the person
8. Do allow yourself the dignity and privilege of being a self-respecting individual, with honest feelings, emotions, and needs
9. Do maintain a healthy emotional atmosphere in your home
10. Do develop new interests and activities
11. Do look to yourself with an open mind, and take steps to improve your own shortcomings
12. Do learn to listen to young people, their dreams, desires, hopes, worries, fears, problems, and conflicts. The word is LISTEN, not to solve.
13. Do try to understand the feelings and emotions of young people
14. Do be completely honest and open about your emotions with young people
15. Do seek emotional and spiritual help

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16. Do share with others, the knowledge you gain in dealing with behavioral, delinquent, and substance abuse problems.

17. DO KEEP COMING BACK, IT WORKS . . . . .

#### SUGGESTED DON'TS FOR PARENTS

1. DON'T PANIC
2. Don't argue with anyone who is under the influence of drugs or alcohol
3. Don't preach or lecture
4. Don't use the "if you love me" appeal and don't let it be used on you
5. Don't use the scare technique
6. Don't make threats or promises you can't or won't carry out
7. Don't assume that you as a parent can make your child "turn off" drug use or change their behavior
8. Don't shield, protect, or make excuses for unacceptable behavior or drug use
9. Don't feel guilty, humiliated or ashamed because of your child's choices or life style
10. Don't accept the responsibility for another person's actions
11. Don't worry about what may or may not happen in the future
12. Don't expect immediate change in others without change in ourselves
13. Don't resent the method of recovery
14. Don't resent the method of recovery
15. Don't lose your self-dignity by allowing yourself to become a doormat

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16. Don't be discouraged by mistakes you may make, or brood about the past mistakes
17. Don't try to reason with your child at your level. They have different standards and are in a different place

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